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This listing of claims will replace all prior versions, all listings, of claims in the application:

Listing of Claims:

Claims 1-32 (Cancelled)

Claim 33. (Currently Amended) A method of treating hot flashes associated with menopause in a woman, comprising:

providing a woman experiencing a hot flash associated with menopause ~~or prone to experiencing hot flashes associated with menopause~~ with at least one cooling device in a package, the package having instructions to remove the at least one cooling device from the package and to place the at least one cooling device at a location on the upper back of the woman to thereby treat the hot flash associated with menopause.

Claim 34. (Cancelled) .

Claim 35. (Original) The method of claim 33, wherein the at least one cooling device comprises an adhesive patch.

Claim 36. (Original) The method of claim 35, wherein the at least one cooling device comprises a water-containing gel coupled to a gas-permeable substrate.

Claim 37. (Cancelled)

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Claim 38. (Original) The method of claim 36, wherein the water-containing gel comprises a polyacrylic acid component.

Claim 39. (Cancelled)

Claim 40. (Cancelled)

Claim 41. (Original) The method of claim 33, wherein the at least one cooling device is free of a pharmaceutical agent.

Claim 42. (Cancelled)

Claim 43. (Cancelled)

Claim 44. (Previously Presented) The method of claim 33, wherein the package has instructions to apply the at least one cooling device at a location between the shoulder blades of the woman.

Claim 45. (Previously Presented) The method of claim 33, wherein the package has instructions to apply the at least one cooling device to a region located between the C3 vertebrae and the T6 vertebrae.

Claims 46-54 (Cancelled)

Claim 55. (Currently Amended) A method of treating hot flashes associated with menopause in a woman, comprising:

removing a cooling device from a package having instructions for treating hot flashes associated with menopause using the cooling device on an upper back of a woman; and, thereafter

placing the cooling device at a location on the upper back of a woman who is experiencing a hot flash associated with menopause or who is prone to anticipating experiencing a hot flashes flash associated with menopause, the cooling device comprising a water-containing gel.

Claim 56. (Cancelled)

Claim 57. (Previously Presented) The method of claim 55 wherein the cooling device comprises an adhesive patch.

Claim 58. (Previously Presented) The method of claim 55 wherein the cooling device further comprises a gas-permeable substrate coupled to the water-containing gel.

Claim 59. (Previously Presented) The method of claim 55 wherein the water-containing gel comprises a polyacrylic acid component.

Claim 60. (Cancelled)

Claim 61. (Currently Amended) A method of treating hot flashes associated with menopause in a woman, comprising:

removing a cooling device from a package having instructions to place the cooling device at a location on an

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upper back of a woman experiencing a hot flash associated with menopause or ~~prone to~~ who is anticipating experiencing a hot ~~flashes~~ flash associated with menopause; and

placing the cooling device removed from the package at a location on an upper back of a woman who is experiencing a hot flash associated with menopause or who is prone to anticipating experiencing a hot ~~flashes~~ flash associated with menopause.

Claim 62. (Previously Presented) The method of claim 61 wherein the cooling device comprises a water-containing gel.

Claim 63. (Previously Presented) The method of claim 61 wherein cooling device comprises an adhesive patch.

Claim 64. (Currently Amended) The method of claim 61 wherein the ~~at least one~~ cooling device further comprises a water-containing gel coupled to a gas-permeable substrate.

Claim 65. (Previously Presented) The method of claim 62 wherein the water-containing gel comprises a polyacrylic acid component.

Claim 66. (Cancelled)

Claim 67. (Cancelled)

Claim 68. (Currently Amended) The method of claim 55 wherein the placing step comprises positioning the cooling device at a region on the upper back of the woman in proximity

to the cervical and thoracic vertebrae and is effective to prevent a hot flash associated with menopause from spreading throughout the body of the woman.

Claim 69. (Currently Amended) The method of claim 61 wherein the placing step is in anticipation of a hot flash associated with menopause and is effective to prevent the hot flash associated with menopause from spreading throughout the body of the woman.

Claim 70. (Currently Amended) The method of claim 61 wherein the placing step comprises positioning the cooling device at a region on the upper back of the woman in proximity to the cervical and thoracic vertebrae in anticipation of a hot flash associated with menopause and is effective to prevent the hot flash associated with menopause from spreading throughout the body of the woman.